

LYNN COUNCIL ON AGING SENIOR CENTER



**September
2013**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Hurry up and wait!

There was an age when I just couldn't wait. I couldn't wait until I was big enough to ride the rides-only to find out I hate them! Motion sickness gets me every time. I couldn't wait until I could sit in on a hand at the adult card table. It usually was only one hand because the adult family player was only making a trip to the bathroom. Oh and play it smooth kid, don't go all in and risk your Uncle's bank on one hand even if you're confident at age 8 that a 6-7 suited could pull a straight. Hang back, you want to get invited back as a fill in. I couldn't wait to get my license! Freedom at its best; I could pick up more work hours. But what would I do if gas prices hit \$1.25 a gallon? Be grateful; you don't have to wait in line like we did in '79! Now I have a teenager that just can't wait. She wants to speed everything up! I said, "Hurry up, get a job, get out there and pay for everything! - all your living expenses, food, clothes, cell phone, internet and oh, ya better budget college-we're looking at over 100 grand a year!"

From Your Mayor

It is hard to believe that summer is already drawing to a close. I hope you have been able to get out and enjoy the spectacular weather we have been blessed with the last few months, as well as some of the events we were fortunate enough to host this season, such as the Red Rock concert series.

A sure sign of the impending start of fall is when our children head back to school. On Sept. 4, our city's classrooms will be filled once again and I wish all of our students and teachers a safe and productive school year.

We have an exciting start to the fall lineup of entertainment at the Lynn Auditorium with Generation Bollywood and the Midtown Men performing in September. Queen of Melody Alka Yagnik and Bollywood Playback King Udit Narayan will come together on stage for the first time on Sept. 15 for Generation Bollywood. On Sept. 27, the Midtown Men— Tony Award winner Christian Hoff, Michael Longoria, Daniel Reichard and Tony Award nominee J. Robert Spencer—will take the stage. As original cast members of Broadway's Jersey Boys, they took the world by storm in one of the biggest hits of all-time and now they have taken their sensational sound on the road once more, bringing to life their favorite hits from The Beatles, The Beach Boys, Motown, The Four Seasons and more.

Museum Enrichment Series for Adults (MESA) is back for the second season at the Lynn Museum & Historical Society, starting Wednesday, Sept. 11 at noon. Bring your lunch and stay for an hour-long presentation on fun and educational topics. The topic for September is the maritime history of the North Shore, presented by Salem State University professor, Dr. Dane Morrison. The museum will also be offering free tours of the five exhibitions on view on Sept. 20, 21 and 27 starting at noon. On Saturday, Sept. 28, the Lynn Museum Maritime Festival will kick off at 10 a.m. Guests can enjoy a free day at the museum while participating in maritime activities and enjoying the ongoing exhibitions. The event is part of Essex National Heritage Trails and Sails weekend.

Last month, the City was pleased to welcome Tom L'Italien, who pedaled his 10-speed bicycle across America, motivated by a burning desire to help veterans and raise awareness of the growing problem of suicide among many of our nation's heroes. A Salem native who grew up in Peabody, Mr. L'Italien embarked on a 2,700-mile journey that ended in Lynn on August 11. We were thrilled that he chose to end this milestone journey in our city and I commend him once again on his achievement.

Best wishes for a wonderful fall.
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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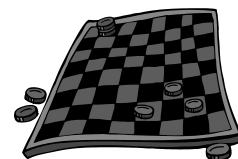
Meets last
Thursday
monthly at 10 am

Senior Center Gamers!

Mondays

Starts Sept 9th
2pm – 3pm

Board Games
Check it out!
Group fun- team effort
No pressure!



SEPTEMBER HAPPENINGS

Mon, Sep 2	Labor Day	Center is closed
Tues, Sep 3	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Wed, Sep 4	FOOD STAMPS OFFICE HOURS *note time change-ends at 1pm*	9:00 a.m. – 1:00 p.m.
Thur, Sep 5	PENNY SALE!! Friends of Lynn Council on Aging Double Shake! Dance party @ 12 noon in Game room Coffee Shakes @ 1:30 pm brought to you by Life Care of the North Shore	11 a.m. – 12 p.m.
Fri, Sep 6	Lunch Trip: Clam Box \$2	10:00 a.m. – 1:30 p.m.
Mon, Sep 9	Senior Center Gamers Group!	2 p.m. -3 p.m.
Tues, Sep 10	Blood Sugar AND Blood Pressure Clinic "Lucy Booth" Open! Nurse available for your questions. Large Activity Room	8:00 a.m. – 9:30 a.m.
Wed, Sep 11	Aqua Casino \$2 Pay \$20 at boat- board after 10 am- return 5pm Pick up 5 pm	9:55 a.m. Leaves Center
Tues, Sep 10	LGBT & Friends Games night - senior center	3pm – 5pm
Weds, Sep 11	Flu Clinic Free! Bring insurance card Sponsored by FLAG PHARMACY	11 a.m. – 12 p.m.
Mon, Sep 16	Women's Group Meeting	10 am – 11 am
Mon, Sep 16	Senior Center Gamers Group!	2 p.m. -3 p.m.
Tues, Sept 17	Casino Trip: FOXWOODS \$25 prepaid reservation Bus leaves promptly at 7 am Need 40 people by Sept 10th	7:00 a.m. – 6:30 p.m.
Wed, Sep 18	Field Trip: Castle Island \$2	10:30 a.m. – 1pm
Wed, Sept 18	De-Clutter's Group Information Session Game Room	11:30 am – 12:30 pm
Thurs, Sep 19	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thur, Sep 19	Denise Doucette- Performing her favorites!	12:15 p.m.
Fri, Sep 20	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Mon, Sep 23	Senior T pass trip to Boston \$2	9:30 a.m. – 1:30 p.m.
Mon, Sep 23	Senior Center Gamers Group!	2 p.m. -3 p.m.
Tues, Sep 24	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Tues, Sep 24	<u>Trip:</u> Salvation Army/ Kelly's \$2	11:30 a.m. – 1pm
Weds, Sep 25	Lynn Council on Aging Board of Director's Meeting	1:30 pm
Weds, Sep 25	<u>Trip:</u> Special Thoughts/Texas Road House \$2	11:30 a.m. – 1pm
Thur, Sep 26	FRIENDS OF LCOA meeting	10 a.m.
Thur, Sep 26	<u>Trip:</u> Richardson's Ice Cream \$2	11:30 a.m. -
Mon, Sep 30	Senior Center Gamers Group!	2 p.m. -3 p.m.

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SEPTEMBER 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY NO MEAL SERVICE	3 Tarragon Tyson Chicken Lyonnaise Potatoes Roman Blend Veggies Chilled Fruit ALTERNATIVE Eggplant Parmesan/	4 Sweet Red Pepper Salmon Garlic Whipped Potato Country Blend Veggies Banana Cake ALTERNATIVE Salisbury Steak/Gravy	5 Chicken Noodle Soup Egg Salad Tossed Salad Jell-o ALTERNATIVE Turkey Salad	6 Meatball Sub/Sauce Home Fries Green & Golden Beans Fresh Fruit ALTERNATIVE Omelet/Cheese Sauce
9 Aloha Chicken Brown Rice Pilaf Tuscan Veggies Garlic Roll/ Chilled Fruit ALTERNATIVE Spanish Shepherd's Pie	10 Beef Rib-B-Q Whipped Potato Italian Green Beans Pudding ALTERNATIVE Chicken Patty(hot)/Roll	11 Tortellini/Meat Sauce Spinach Cookie ALTERNATIVE Mushroom Quiche Potato	12 Roast Pork/Gravy Oven Roasted Potato Peas & Onions Muffin/Fresh Fruit ALTERNATIVE Chicken Marsala	13 Italian Wedding Soup California Chicken Salad Potato Salad Chilled Fruit ALTERNATIVE Seafood Salad
16 Crunch Lite Fish/Sauce Mac & Cheese Green Bean/Red Pepper Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	17 *Turkey Sausage Coins* Pepper/Onion/Roll Oven Fries Carrots/ Jell-o ALTERNATIVE Chix Meatballs/Gravy	18 Garden Veggie Soup Pot Roast/Jardinière Gravy Baked Potato/Sour Cream Fresh Fruit ALTERNATIVE Chicken Florentine	19 SEPTEMBER SPECIAL Mediterranean Chicken Wild Rice Mixed Greens/Feta/ Cheese WW Roll Lemon Cake	20 Meatloaf/Ketchup Gravy Cheddar Whipped Potato Peas & Mushrooms Chilled Fruit ALTERNATIVE Veggie Quiche
23 WW Lasagna Roll Ups Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Spanish Chicken Rice & Beans	24 Cran Glazed Tyson Chicken Delmonico Potato Country Blend Veggies Oat Roll/ Chilled Fruit ALTERNATIVE *Turkey Ham* /	25 Swedish Meatballs/Gravy O'Brien Potatoes Spring/Summer Veggies Pudding ALTERNATIVE Salmon/Dill Sauce	26 Cream Of Broccoli Soup Egg Salad/ WW Bulkie Tossed Salad Cake ALTERNATIVE Shaved Roast Beef	27 Turkey/Gravy/Stuffing Sweet Potato Green & Red Cabbage Muffin/Fresh Fruit ALTERNATIVE Liver & Onions/Gravy
30 Beef Stir Fry Steamed Rice Stir Fry Veggies Chilled Fruit ALTERNATIVE Mesquite Chix/Gravy			*ALL MEALS SERVED WITH BREAD AND 1% MILK AND CRACKERS SERVED WITH SOUP **= HIGH SODIUM ITEM	Requested Donation \$2.00

SENIOR CENTER ACTIVITIES • SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: INTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER TUTORING (SPANISH)	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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ADAPTANTS

CASINO TRIPS

Departs from Lynn
Senior Center

Casino Trips from Revere
Call for reservations and pick!

Foxwoods \$25

7 am - 6:30 pm
Sept 17th & Oct 15th

Please sign up early! We
need 40 reservations a full
week before the travel date;
otherwise we must cancel.



Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.
Sept 10th & 24th
Oct 8th & 22nd

Twin River \$20

10:00 a.m. - 8:10 p.m.
Oct 3rd & 17th

Sign up in person at the senior center.
OR

Mail your registration sheet and
payment check in.
Call for a sign up sheet
and we'll mail it to you.



Any questions?
Call Elaine 781-289-6144
Call for reservations and pick!

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Sept 4	Barefoot in the Park	1967 G	1 hr 46 min
Sept 11	Gigi	1958 G	116 min
Sept 18	Intolerable Cruelty	2003 PG-13	1 hr 39min
Sept 25	Ghost Writer	2010 PG-13	128 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

We are actively seeking a computer instructor and will keep you posted.

Medicare's Open Enrollment is October 15 – December 7.

Make your SHINE appointment now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2014.

During Medicare's Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

This year, because of the Affordable Care Act, some new programs are being introduced around the same time as Medicare's Open Enrollment. If you are eligible for

Medicare, you don't need to be concerned about other "open enrollments."

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-599-0110.

You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.

DeClutters' Workshop and Support Group

What does it mean to De-Clutter?

Come learn more about the hoarding outreach program available through GLSS and find out information about our upcoming Fall support groups. Join us for information and strategies to start your own de-cluttering process. September 18th 11:30 a.m.-12:30 p.m.

DeClutters' Support Group:

Is clutter creating chaos in your life and home? Is clutter creating problems with relationships in your life? If you answered yes then you might benefit from joining a 10 week De-Clutterers' Group. There will be two groups held this Fall from October through December, 2013. Wednesdays at the Saugus Senior Center on Thursdays at Greater Lynn Senior Services. Both groups start at 12:30 p.m.

As a member of the group you will receive information and support from others and learn strategies for de-cluttering your home and life. Call today for more information please call 781-586-8605 or e-mail lgrant@glss.net by September 12th 2013. You must be pre-screened to participate.



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Place Your Ad

Wellness Watch September 2013

Is an on-going health condition affecting your life? Would you like to learn how to: lessen and manage pain, set and meet personal goals, enjoy physical activities and healthy eating? And have fun doing it. Take a look at these opportunities for adults of any age. All programs were developed and researched by Stanford University. The workshops provide opportunities to learn new skills and share with others.

Chronic Pain Self Management Program

Date: **Wednesdays, September 4 to October 9, 2013**
Time: **9:30AM to 12Noon**
Location: **Hallmark Health System VNA and Hospice**
 178 Savin St. 3rd Floor
 Malden, MA

For information contact:

Mary Carideo 781-586-8527 mcarideo@glss.net

Sponsored by Hallmark Health System and Greater Lynn Senior Services

My Life, My Health

A workshop for adults living with on-going health conditions such as arthritis, high blood pressure, breathing difficulties and others.

Date: **Thursdays, October 3-November 7, 2013**
Time: **12:15-2:45pm**
Location: **Greater Lynn Senior Services**
 8 Silsbee Street
 Lynn, MA

For information contact:

Mary Carideo 781-586-8568 mcarideo@glss.net

Diabetes Self-Management Workshop

Information Session
September 17, 2013 10am
YMCA Metro North Lynn

Workshop

Date: **Tuesdays October 15-November 19, 2013**

Time: **Tuesdays 10:00am-12:30pm**

Location: **Lynn YMCA**

For information and to register contact:

Susan H. Brown 781-586-8568 sbrown@glss.net

Sponsored by Greater Lynn Senior Services (GLSS) and Lynn YMCA.

The Record Player

V	I	C	T	R	O	L	A	J	T	B	A	N	C	T	T	T
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ALBUM

ARM

AUDIO

AUTOMATIC

BASS

BLACK

CLICK

FORTY-FIVE

GROOVES

LISTENING

NEEDLE

OLD FASHIONED

PHONOGRAPH

POP

RECORD

RETRO

REVOLUTION

ROUND

RPM

SEVENTY-EIGHT

SPEAKER

SPIN

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THIRTY-THREE

TREBLE

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VINYL

Out and About Fun! Lynn Senior Center Trips 2013**Join us!****Sun, Dec 1st – Mon, Dec 2nd****\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH******2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.***

~\$50 deposit by Aug 1st holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

Questions? Call Stacey at 781-586-8503**Emergency Aid to the Elderly, Disabled, and Children (EAEDC)**

"Are you or someone you know currently receiving the Massachusetts state-funded public assistance resource, Emergency Aid to the Elderly, Disabled and Children (EAEDC)? This program provides cash assistance to adults 65 years of age or older who are in the process of applying for Social Security Income (SSI) benefits or who have been denied SSI support. Additionally, EAEDC aids individuals with disabilities with an impairment or combination of impairments that is expected to last at least 60 days, individuals participating in the Massachusetts Rehabilitation Commission program, certain children, and some caregivers of persons with disabilities. Monthly grant amounts for EAEDC have not had a cost of living adjustment (COLA) since 1988. Thus, the Massachusetts Coalition for the Homeless has begun The Campaign to Strengthen EAEDC Assistance. Please help us to help the thousands of older adults and others in need across the Commonwealth! If you or anyone you know may be able to support our campaign with details of how your organization helps individuals on EAEDC or if you would like to know more about the Campaign to Strengthen Assistance, please contact Samantha Alves at the Massachusetts Coalition for the Homeless at 781-575-7570x20 or samantha@mahomeless.org. I look forward to advocating for a stronger EAEDC with you!"

IN LOVING MEMORY

In loving memory of

Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~Sophie Karampoulis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WASH, CUT & SET	\$15
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PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGGLASS CLINIC

September 3rd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

September 10th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

September 24th
9:00 am—11:00 am

PODIATRIST

September 19th & October 10th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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